

Haddock w/ Spinach and Onions

4 c. Baby spinach leaves
 1 tbs. Extra-virgin olive oil
 1 c. Finely chopped onions
 w/grated nutmeg
 1 lb. Haddock or mild-tasting fish
 1 tsp. Olive oil
 w/fresh lemon juice
 1-2 tbs. Dill weed or spice hunter
 Deliciously Dill seasoning (a combo of dill
 weed, onion flakes, lemon peel, and chives)

Wash the spinach and steam for 3 mins. or until wilted. Saute' onions in a frying pan with 1 tbs. oil until barely soft, then add the spinach, and sprinkle with nutmeg. Arrange the fish in a single layer over the spinach and drizzle lightly with lemon juice and 1 tsp. olive oil and sprinkle with seasoning. Cover the pan, cook medium-low heat and check in 5-7 minutes. Scoop underneath the fish and spinach mixture once, to make sure it isn't drying out or burning. The fish is done when it is milky in color and flakes easily with a fork. Sprinkle with extra lemon juice at the table.

Serves 2-3

Turkey Sausage Patties

1 lb. Lean organic, ground turkey
 4-7 Garlic cloves, crushed and pressed
 1 tsp. Rubbed sage
 1 tsp. Ground fennel
 1/4 tsp. Fennel seeds
 unrefined, natural sea salt to taste

Preheat oven to 350 degrees. Mix all ingredients, shape the meat into 2-inch round patties and place in a baking pan to bake. Bake for 20 mins., pour off excess grease and dab the patties lightly with a paper towel. Return the pan to the oven for 5 more mins., or until the patties are done with no pink in the center.

Add unrefined sea salt to taste. Serves 3-4

Chicken Breast and Vegetable Stuffing

2 lg. Chicken breasts
 2 tsp. Unrefined, extra-virgin olive oil
 4 Shallots, diced
 1 carrot, diced
 1 Stalk celery, diced
 3 Cloves garlic, minced
 1 tsp. Sage
 1/2 tsp. Ground thyme
 1 1/2 tsp. Chicken broth
 1 tbs. Chopped chives

Toss the diced vegetables with olive oil and herbs, and mix the chicken to cover with the mixture. Pour chicken broth in the bottom of a baking pan and place the vegetable mixture in 2 separate mounds in the pan. Top each mound with one chicken breast, folding as much of the vegetable mound underneath. Bake at 350 degrees for 1 hour. Top with chives before serving.

Serves 2

Cottage Cheese-Feta-Chive Spread

1/2 c. Nonfat or low-fat cottage cheese
 1 tbs. Chopped fresh chives
 2 tsp. Crumbled feta cheese
 1/8 tsp. Garlic powder
 1/4 tsp. Dried oregano leaves

Place ingredients in a bowl, and mash with a potato masher. For best taste, refrigerate for at least several hours.

Serves 1 to 2.

Chilled Cucumber-Red Onion Salad

1 lg. Cucumber
 1/8 to 1/4 Med. red onion, thinly sliced
 1 Plum tomato, thinly sliced
 1/4 c. Greek dressing, or sugar-free olive
 oil vinaigrette dressing
 1 tbs. Chopped fresh dill or mint

Peel the cucumbers, and slice thinly. Place the slices in a salad bowl, along with the red onion and tomato. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well. Cover the bowl, and chill for several hours.

Serves 2.

Greek Chicken and Tomato Sauce

4 lg. Skinless chicken breast halves (bone in)
 1 tbs. Plus 2 tsp. extra-virgin olive oil
 1 Med. yellow onion, chopped
 3 Garlic cloves, crushed and minced
 3 c. Pasta sauce
 1 1/2 tsp. Ground cinnamon
 2 Bay leaves
 Feta cheese

Preheat oven to 350. Brown both sides of chicken breast, in 1 tbs. olive oil and set aside. Drain remaining oil. Add 2 tsp. olive oil and saute chopped onion, and garlic. Add the onion, garlic, and cinnamon to the pasta sauce and mix. Put chicken in a baking dish and pour the pasta sauce over it. Insert the bay leaves and bake the chicken for 45 minutes, then remove the cover and spoon some sauce on top of the chicken. Bake the chicken 15-20 minutes more, until center is done. Remove the bay leaves and serve the chicken and sauce on top of baked spaghetti squash and sprinkle with feta.
 Serves 4

Baked Spaghetti Squash

1 Spaghetti squash

Preheat oven to 375. W/ a fork, make deep pictures into the skin of the squash in several places and place it in a baking dish. Bake for 30 minutes, or until the skin is soft to the touch. Let cool for 10 minutes then cut in half lengthwise and use a spoon to remove the seeds and strings. Then use 2 forks to fluff up the flesh until you have spaghetti-like strands.
 Serves 4

Baked Salmon with Vegetables

2 Fresh salmon fillets
 1 Zucchini, sliced into 1/4 inch rounds
 1 sm. Onion, cut into eighths
 Florets from 1 small stalk broccoli
 1/2 c. Chopped florets of cauliflower
 1 tbs. Melted butter
 1 tbs. Extra virgin olive oil
 dill, flaked onion, parsley
 1 c. Water, or vegetable broth
 2 lg. Sheets parchment paper

Preheat oven to 375 degrees and place large sheet of parchment paper on a baking dish and place the fish fillets on the paper. Sprinkle the vegetable pieces on both sides of the fish fillets and sprinkle the seasonings liberally over the entire dish, and drizzle a combination of olive oil and melted butter over the fish, then pour the water or the broth into the pan. Pull off another large sheet of parchment paper, place it over the fish and vegetables, and roll the edges of the 2 pieces of parchment paper together to seal the fish and vegetables inside. Bake for 25 minutes, until the fish is done and flakes easily with a fork. Serves 2.

Apple Walnut Oatmeal

1 c. Nonfat or low fat plain yogurt
 1 c. Raw oats
 1/3 c. Water
 1/4 c. Raisins
 1 small Organic (any kind) apple, chopped
 1/3 tsp. Pumpkin-pie spice
 3/4 tsp. Cinnamon
 1/3 c. Chopped walnuts
 1- 1/2 tbs. More water

The night before, mix together the yogurt, water, and oats in a large bowl and add the raisin, apple, and spices. Cover the mixing bowl with a lid, and refrigerate overnight. The next morning, add 1- 1/2 tbs. more water, and stir. Stir in the walnuts, add a sprinkling more cinnamon. Serves 3

Pesto-Deviled Egg

1 Hard-boiled egg
 1-2 tsp. Pesto sauce

Peel a hard-boiled egg, and cut in half lengthwise. Remove the yolk, and place in a small bowl. Add pesto and mix well. Transfer pesto and yolk mixture back into cooked-egg white halves.

Grilled Tandoori Chicken

16 Bamboo skewers
Tandoori marinade recipe:
1 tsp. Paprika
1 tsp. Turmeric
1/4 c. Fresh lemon juice
1/2 c. Non-fat, plain yogurt
2 lg. Cloves garlic
1 tbs. Grated, fresh ginger root

1/2 tsp. Ground coriander seeds 1/2 tsp. Ground cumin
1/4 tsp. Cayenne pepper
1 lb. boneless, skinless chicken breast
Yogurt sauce recipe:
1/2 c. Non-fat, plain yogurt
1 tbs. Fresh lemon juice
1/4 tsp. Cayenne pepper
1 tbs. Chopped cilantro leaves

Soak the skewers in water for at least 30 mins. or overnight. Mix all of the ingredients for the marinade together and set aside. Cut the chicken into sixteen 1-inch strips. Add chicken to the marinade and coat it well. Cover and refrigerate for 20 mins. Meanwhile, preheat the grill and make the sauce. Combine all of the ingredients for the yogurt sauce, spoon it into a serving bowl and let stand at room temperature while you cook the chicken. Skewer each piece of chicken with one of the skewers. Place the chicken on the grill and cook for about 2 mins. on each side, until the chicken is cooked through. Serve the chicken with the yogurt sauce. Serves 4

Classic American Pot Roast

4 tbs. Unbleached or all-purpose flour
3/4 tsp. Dried oregano
1/2 tsp. Dried thyme
1/2 tsp. Salt
1/4 tsp. Freshly ground black pepper
1 1/2 lbs. Boneless eye of round roast
(Trimmed of all visible fat)
1 Can Reduced-sodium, fat-free beef broth

1/2 c. Red wine
1 tsp. Worcestershire sauce
2 tsp. Olive oil
1 Bay leaf
3/4 lb. Red new potatoes, cut in eighths
3/4 lb. White turnips, cut in eighths
1 c. Frozen sm. white onions
1 c. Baby carrots

Preheat the oven to 400 degrees F. In a large bowl, combine flour, oregano, thyme, salt and pepper. Dredge the beef to coat, shaking off excess and transfer to a plate. Whisk the broth, wine and Worcestershire sauce into the remaining flour mixture until smooth. Heat the oil in an ovenproof pot or Dutch oven. Add the beef and brown for 2 minutes per side. Remove from heat and stir in the broth mixture and bay leaf. Cover and bake for 1 1/2 hours. Add the potatoes, turnips, onions, and carrots. Cover and return to oven. Bake for 45-55 mins. longer, or until the meat and vegetables are tender. Remove the bay leaf and serve. Serves 6.

Kicked-Up Beef Kabobs

1 lb. Lean boneless sirloin, trimmed of all visible fat
1 tbs. Grated fresh ginger
2 Cloves garlic, minced
3 tbs. Reduced-sodium soy sauce
1 tsp. Worcestershire sauce
1 tsp. Dried oregano

1/2 tsp. Ground cumin
1/2 tsp. Sesame oil
1 Sweet onion, cut into 16 pieces
1 Medium green bell pepper, seeded and cut into 16 squares
12 Cherry tomatoes
1/4 tsp. salt

With a sharp knife, cut the sirloin into twenty 1" cubes and place in a bowl. In a separate bowl, combine the ginger, garlic, soy sauce, Worcestershire sauce, oregano, cumin and oil. Add the mixture to the beef and stir well to coat. Cover the bowl and refrigerate for 2 hours or overnight. Preheat the broiler and coat a broiler-pan rack with cooking spray. Alternately thread 5 beef cubes, 4 onion pieces, 4 bell pepper squares, and 3 cherry tomatoes onto each of four 18" wooden or metal skewers. Place the skewers onto the broiler pan and sprinkle with the salt. Broil 4" from the heat source for 8 to 10 minutes, turning them every 2 minutes, until the vegetables are tender and the beef is cooked through. Serves 4.

Peanut Butter Protein Balls

1 Cup Peanut Butter
1/3 Cup Honey

1 Scoop Chocolate or Vanilla protein powder
1/2 c. Raw oats

Mix all ingredients together in a bowl and form into small 1" balls. Place in the fridge for a few hours. Yields 14-16 Balls

Turkey Sauce with Spelt Pasta

1/8 c. Onion, minced	1/2 Can (28 oz. can) Diced tomatoes
1 tbs. Garlic, minced	1/2 tsp. Dried oregano
1/4 c. Green bell pepper	1/4 tsp. Dried basil
1/8 c. Olive oil	1/2 tsp. Kosher salt
3/4 lbs. Ground turkey	1/2 pkg. Spelt pasta
1/2 Can (6 oz. can) Tomato paste	1/4 c. Parmesan cheese, grated

In a large skillet, saute onion, garlic and green pepper in olive oil until soft, about 3 mins. Add turkey and cook, stirring occasionally, until golden in color, about 5 mins. Stir in tomato paste, diced tomatoes and seasonings; simmer for 10 mins. Prepare pasta accordingly and drain. Arrange pasta on a large platter, top with turkey mixture. Sprinkle with parsley and Parmesan cheese. Serves 4.

Tomato and Turkey Bacon Omelette

6 Sun-dried tomato halves	3 Egg whites
2 Plum tomatoes, quartered and sliced	1 tbs. Water
2 Thin strips turkey bacon, cooked and crumbled	2 tbs. Chopped chives/scallions
2 tbs. Crumbled Ricotta or goat cheese	1/4 tsp. Salt
2 lg. Eggs	1/4 tsp. Freshly ground pepper
	1 tsp. Olive oil

Place sun-dried tomatoes in a small dish. Add boiling water to cover and let stand for 15 mins, or until softened. Drain tomatoes and chop. In a small bowl, combine sun-dried, plum tomatoes, bacon, and ricotta. In a medium bowl, whisk together the eggs, egg whites, water, chives or scallions, salt and pepper until slightly frothy. Heat 1/2 tsp. oil in a 10" nonstick skillet over medium, heat. Add half the egg mixture and cook for 3-4 mins., lifting the edges of the egg with a spatula and tilting the pan, allowing the uncooked mixture to flow underneath. When the eggs are almost set, spoon half of the tomato mixture in the center of the egg. Loosen the edges of the omelette with a spatula and fold the two sides over. Repeat with remaining oil and egg and tomato mixtures. Serves 4.

Turkey Meatloaf w/ Sun-dried Tomatoes

1 tbs. Olive oil	1 Egg
1 med. Onion, chopped	1/2 c. Chopped parsley
2 tsp. Chopped garlic	1/4 c. Skim milk
1 tsp. Dried oregano	1/2 tsp. Salt
1/2 c. Sun-dried tomatoes, dehydrated	1/4 tsp. Freshly ground black pepper
1 1/2 lbs. Ground turkey	1/4 c. Freshly grated Parmesan cheese
1/2 c. Bread crumbs	

Preheat the oven to 425 degrees F. Heat the olive oil over medium heat in a skillet. Add the onion and cook for 5 minutes. Add the garlic and oregano and cook 2 mins. more and set aside to cool. Drain the tomatoes and finely chop them. Combine the tomatoes, turkey, bread crumbs, egg, parsley, skim milk, salt, pepper and the cooled onion mixture. Thoroughly mix together. Divide the mixture into 4 equal portions. Pack each portion into a 1 1/2 c. baking dishes, such as a souffle dish or a ramekin. Sprinkle the tops with cheese and bake for 30 minutes. Let stand for 5 min. before serving. Serves 4. [one serving equals 1 mini loaf]

Mexican Chicken Salad

2 oz. Baked or broiled chicken breast	3 c. Pre-mixed salad in a bag
1 oz. Low-fat or fat-free shredded cheese	Jalapeno peppers to taste
1/4 c. Black beans	2 tbs. Guacamole
1/2 c. Sugar-free salsa	1 tsp. Slivered Almonds

Mix chicken, beans, salsa and microwave until hot. Add chicken mixture to all other ingredients in a plastic container with a cover. Put on the top and shake until thoroughly mixed. Serves 1.

Protein Power Pancakes

1 c. Raw oats	2 Scoops Van. or choc. protein powder
1/2 c. Whole ground flax seed meal	2 Eggs
1/2 c. Unprocessed wheat bran	1 1/2 c. Non-fat milk
1/4 c. Almonds	1 tbs. Honey

Put all dry ingredients in a food processor until ground together. Mix the milk, eggs, honey together and then add to the dry mix. Let the dry and wet mixture stand for a minute. Use more milk to thin mixture to desired consistency (optional). Cook approximately 1/2 c. of the mixture to yield 1 pancake.